



## **ASSESSING THE IMPACT OF SUGGESTOPEDIA ON LANGUAGE ACQUISITION IN INTERMEDIATE AND BEGINNER LANGUAGE STUDENTS**

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### **Abstract:**

This research discovers the impact of Suggestopedia on vocabulary acquisition, listening comprehension and overall language engagement among intermediate and beginner and some advanced English level students from Uzbek nations utilizing a quantitative survey approach by Google Forms. Data was collected on students' experiences with background music, guided images, and a distraction-free learning environment. The findings indicate that this method significantly supports to vocabulary retention, engagement, and motivation, particularly when authentic materials are carefully chosen to learners' proficiency levels. By integrating organized original materials and multisensory techniques, Suggestopedia helps to be a bridge the gap between passive knowledge and active language use, eventually creating a more immersive and student-centered learning experience.

**Keywords:** Suggestopedia, Vocabulary retention, Multisensory learning, Visualization in education.

### **Introduction**

Language learning methodologies have evolved significantly, making it easier for students to acquire a new language and helping them to be interested in lessons. One of the most effective language learning methodologies is appropriate approach called Suggestopedia which can motivate language learners with comfortable space and stress-free environment. This method was based on the influence of suggestion



in the learning process, employing positive cues to enhance learners' receptivity and, consequently, boost their learning experience. [Indriyani, 2024, p.2].

Suggestopedia is combination of two words: "suggestion "and pedagogy" created by Georgi Lozanov who is Bulgarian psychiatrist for learning foreign languages and it's second name is desuggestopedia. [wikipedia, p.1]. Moreover, he describes that Suggestopedia as a teaching approach that utilizes the full potential of subtle suggestions to enhance learning. [Budianto, Yuniar, 2023, p.56]. The most prominent features of Suggestopedia are the classroom's decor, furniture, and layout, the use of music, and the teacher's authoritative behavior. [Richard, 2010 p.1]

This method adapts the learning environment to the needs of students. By using elements such as music and positive language, it creates a fun and relaxed atmosphere that leaves a positive impression on students. [ Adani, Efendi 2022, p.310]. Therefore, teachers can utilize this method in order to increase many skills. For example, it can be used to improve the quality of reading comprehension. [Deny, Bahri, 2016, p.129]

Although language learning methods are improving year by year and innovative technologies are being introduced, some traditional approaches are still fail to create an engaging and interesting environment for students in language learning acquisition. Even though Suggestopedia has its own advantages in terms of productivity it has been widely studied with advanced students. In this study, the method filled the gap by how Suggestopedia impacts the ability of beginner and intermediate students to perform certain effects.

This research based on the significance of the study is that it helps determine the effectiveness of the Suggestopedia method in the language learning process of beginner and intermediate level students. It helps improve students' performance by increasing their motivation, reducing stress, and accumulate their interest in the learning process. As a result, not only educational universities but also schools can use this method to improve students' performance in language learning.

### **Literature review**

The method called Suggestopedia which based on the way of teaching languages aroused considerable interest among language investigators in recent years. Researchers considered that it plays a decisive role in terms of creating a relaxed



learning environment, while others suspect its practical applicability in various educational settings. A subsequent study by Sun [2023, p. 21] found that this method can stimulate various cognitive and emotional processes such as perception, memory, imagination, thinking, and emotion, ultimately promoting more effective language acquisition. Similarly, this notion is consistent with the view of Darici [2022, p. 67, p. 69] assertion that Suggestopedia not only actuates hemispheres of the brain, but also plays a significant role in reducing anxiety and increasing motivation. By combination of these perspectives, Suggestopedia's ability to perform multiple cognitive functions contributes to a stress-free learning environment, which in turn increases motivation and promotes more effective language learning.

Furthermore, the psychological impacts of Suggestopedia have been widely discussed in recent researches. Similar to Darici's research, Sepyanda et al. [2023, p.113] emphasize the importance of combining positive verbal reinforcement with soothing background music to further increase students' self-confidence and engagement. Sepyanda et al. [2023, p.113]. This approach creates a positive atmosphere that enables students to become more actively involved in language learning including Suggestopedia not only devalued affective impediment but also it helps to create an emotionally supportive atmosphere which allows students to participate more active in the process.

Moreover, Tajariana and Zuhridj [2022, p.74] investigated the effectiveness of Suggestopedia in teaching vocabulary acquisition to Indonesian madrasah students. Their results showed that the method significantly improved students' vocabulary acquisition and created a stress-free and enjoyable learning environment, which positively influenced their motivation and engagement in the learning process.

However, despite these positive outcomes, some learners argue that the practical implementations including providing comfortable classroom and authentic materials might be an expensive method. For this perspective Sepyanda et al. [2023, p.117] summarizes that creating a comfortable zone doesn't always demand a high financial investment. They emphasize that Suggestopedia can be achieved by cost-effective ways, such as using classical music instead of high-priced tools and incorporating visual materials available to read.

In conclusion, previous researches have consistently shown that this method plays a crucial role in developing learners' communicative capability by facilitating the



development of various language skills. However, most of these studies have focused primarily on advanced face-to-face learners, with little attention paid to their potential applicability to beginning and intermediate learners. The following section discusses the theoretical framework guiding this research, focusing on communicative competence and the role of the suggestopedic method level in language acquisition.

## **Methodology**

This research utilized quantitative method in order to check how Suggestopedia can be effective for beginner and intermediate language learners, and beginner, intermediate and small group of advanced learners also participated in this method. The central goal of this method is to determine whether this method is useful for both beginner and intermediate levels. In order to collect data efficiently, the researcher utilized a structured survey using Google Forms. Totally, this study involved 63 participants, with 52 individuals aged 19-25 and 12 aged 16-18. The participants had varying levels of language proficiency: 34 were at an intermediate level, 11 at an advanced level, and 19 at a beginner level. All participants were Uzbek speakers. The data collection process took place over one week, and the survey was distributed via a Google Form link shared on Telegram. The survey consists of 20 questions to assess learners' experiences with Suggestopedia. Actually, it included multiple choice questions to identify learners' levels and exposure to Suggestopedia. The second type is comparison-based questions in order to evaluate participants' findings: this method more beneficial than traditional learning methods. Moreover, the survey was shared through online platforms, and responses were gathered over a week. The responses of the survey were automatically calculated by Google Forms' built-in statistical tools, which included percentage-based summaries and visual charts for each type of questions.

## **3. Results**

### **3.1 Overview**

The data demonstrates that Suggestopedia is beneficial for every level of language learners, particularly speaking skills and vocabulary acquisition and the role of authentic materials. Additionally, most participants preferred using background music during lessons, and many expressed that visualization techniques help for



strong memorization. Furthermore, beginner and intermediate learners marked that Suggestopedia plays a crucial role in reducing stress, and advanced level learners also recommended it for beginner and intermediate level students.

3.2 The effectiveness and engagement of Suggestopedia that were perceived from respondents summarized in table 1. Specifically, the majority of participants including 75% agreed that this method helps them to effectiveness of their learning, while only 5% disagreed. Moreover, 60 percentage of learners expressed the method engaging, whereas 15% reported difficulties in adapting to it, and all participants (100%) learned English through songs, stories or dialogues during the lesson. This means that the use of authentic materials is a common method among the respondents, indicating its wide application in the language learning process.

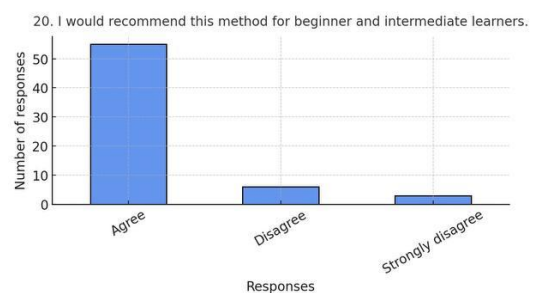
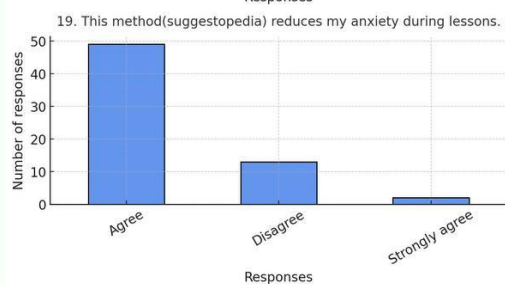
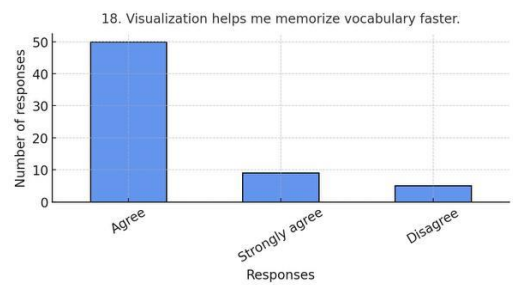
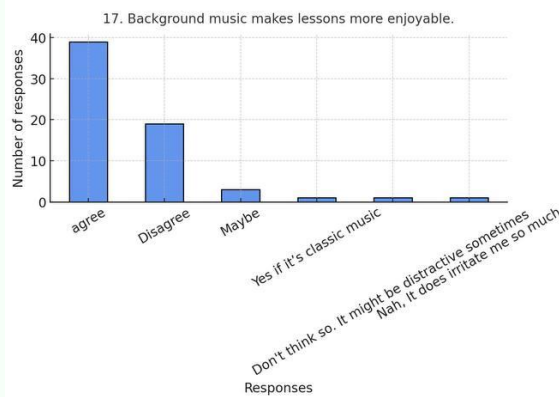
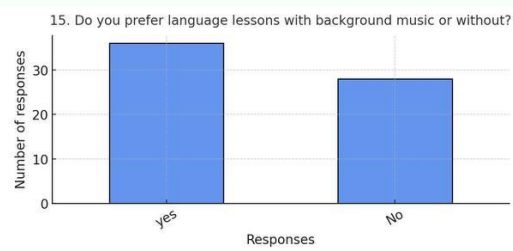
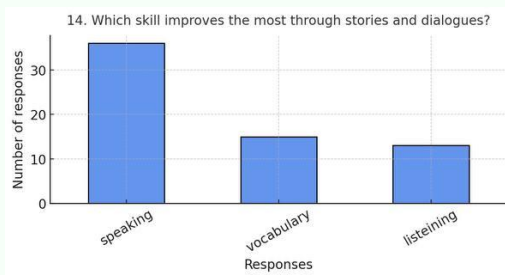
3.3 Table 2 summarizes that 100% of respondents have been used at least one element of Suggestopedia, even if they didn't know about structured approach. 20 % of respondents reported that they didn't know about the method before taking the survey. Questions focus on that whether they aware and have experience with this method. (B/I/A)- these letters demonstrated in the table mean: beginner , intermediate and advanced level students.

### 3.4 Visual representation of the data

Figure 1 includes a graphical representation of the response distribution, visualizing data confirmation that many learners had a positive perception of Suggestopedia. Additionally, most participants 64% found using background music stress-free and enjoyable. Notably, a few percentage 12% has potential distraction . Moreover, 80% of learners expressed that authentic materials, real-life texts and dialogues made their lessons more engaging. However, 15% of them reported these materials too complex. The graph also demonstrates that Suggestopedia is recommended for beginner and intermediate learners by 85 % of learners.

Questions	Yes (B/I/A)	No (B/I/A)	Others (B/I/A)
Have you learned English through songs, stories, or dialogues?	9 / 28 / 15	2 / 6 / 3	0 / 0 / 1
Have you attended language lessons with background music?	8 / 25 / 13	2 / 7 / 4	1 / 2 / 2
Do you feel more relaxed when learning with background music?	6 / 19 / 11	2 / 7 / 3	3 / 8 / 5

Have you repeated vocabulary/dialogues while listening to music?	8 / 27 / 16	2 / 5 / 3	1 / 2 / 1
Do you think learning through stories is more effective than textbooks?	7 / 20 / 12	2 / 5 / 3	2 / 9 / 4
Does background music help you memorize words better?	6 / 16 / 9	2 / 6 / 3	3 / 12 / 7
Do you feel less anxious during lessons with music?	7 / 22 / 12	2 / 6 / 4	2 / 6 / 3
Have you learned new vocabulary through visualization techniques?	9 / 29 / 17	1 / 3 / 2	1 / 2 / 0
Would you prefer to continue learning with music?	3 / 15 / 10	0 / 1 / 1	8 / 18 / 8
Which material do you find most effective for vocabulary memorization?	Stories: 3 / 12 / 7	Textbooks: 3 / 9 / 4	Music: 5 / 13 / 8





## **Discussion**

In this section, the researcher presents the findings of this study which provide significant insights into the effectiveness of this approach for low and medium level students, and the starring role of authentic materials in language learning. The interpretation of the results in relation existing research, highlights potential implications.

The study approves that Suggestopedia has a progressive impact on learning process, as evidenced 73% of participants who found the method effective. The applicability of songs, storytelling, and interesting dialogues makes a useful provident in enhancing vocabulary retention with a 75% agreement. However, some beginners struggled with certain aspects of the method. 15% of respondents found background music distracting, and 12% had difficulty with visualization techniques. This submits that this method is generally beneficial for lower-level learners, its effectiveness may vary based on individual preferences and learning styles.

Although many learners benefited from Suggestopedia, only 40% recognized the method by its name, this shows that many teachers maybe using Suggestopedic techniques unintentionally, without explicitly recognizing them as a part of the method.

Authentic materials has a positive impact in intermediate learners, but 20% of beginners reported them complex, highlighting the need for careful material based on proficiency level.

## **Conclusion**

This research studied the efficiency of Suggestopedia in language learning, especially for beginner and intermediate learners. The results demonstrates that the method helps to create a very motivating and active learning atmosphere, significantly, improving vocabulary preservation and overall comprehension. The integration of music, visualization, and encouraging reinforcement helped students feel more hassle-free and self-assured, and helped them to master the language more deeply.

Furthermore, the role of educators in Suggestopedia is crucial, as their ability to create a stress-free, inspiring environment directly affects the achievement of the method. To maximize its efficiency, teachers must carefully utilize the materials

based on the level of language proficiency of the students, confirming that the original sources and methods meet their needs. While some individual differences may have influenced the perception of certain methods, the overall results confirm that Suggestopedia is a powerful and innovative approach that can improve traditional language learning methods.

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